

Cheng Tan-An's Treatment of Shang Han Diseases

Translation Committee of the
Dechen Yonsein Dao Institute of Buddhist Medicine
Introduction by Bob Flaws
1773 Linden Avenue, Boulder, Colorado U.S.A. 80503

Abstract: The following is a translation of the famous Cheng Tan-an's treatment of the Six Phases of a Cold-induced disorder with acupuncture. As such, this is the first time detailed acupuncture protocols for the treatment of the Six Phases have been available in English. Cheng Tan-an's acupuncture treatments are quite sophisticated in their theory and elegant in their simplicity. Cheng Tan-an is regarded by many as the father of modern Chinese acupuncture.

THE SIX PHASES of a Shang Han (Cold Injury) disease are one of the oldest categories of pathogenesis and pathophysiology in Chinese medicine. Below is a translation of "The Categories of Injury Due to Cold" by Cheng Tan-an from *Cheng Tan An Zhen Jiu Xue Ji* (Cheng Tan-an's Selected Acupuncture-Moxibustion Works). The Six Hand/Foot Yin and Yang Channels are first described in the *Nei Jing*. In the late Han dynasty, Zhang Zhong-jing used the same terminology to describe the Six Phases of a Cold Invasion in his jointly famous *Shang Han Lun* (Treatise on Cold Injury). Some practitioners of Oriental medicine feel that the Six Channels and Zhang's Six Phases are completely separate theories and that the first is germane only to acupuncture and the second only to herbal medicine. Others, such as Cheng Tan-an as described here, depict a direct relationship, both in terms of disease mechanism and treatment between these two. Cheng Tan-an was a famous practitioner of acupuncture in the

lower Yangtze River Valley during the first half of the twentieth century.

Although most entry level, professional acupuncturists include questions on the Six Phases of Shang Han disease, I am not aware of any other detailed description of their acupuncture treatment in English until now. As such, I believe this is an important translation which significantly adds to the clinical knowledge of acupuncture in America. In addition, it is a good example of an acupuncturist's acupuncture as opposed to the more verbalized contemporary TCM approach.

SHANG HAN MEN The Categories of Injury Due to Cold

1. The Yang Diseases

Pathogenesis: Due to weakness of the body Qi, invasion of Wind Cold through the Surface¹ leads to blockage of the pores and results in disease due to internal accumulation of Wind Cold (B+T). This is the first stage of Wind Cold invading the body and causing a complex.

Signs and Symptoms: Stiff, painful neck or body aches, aversion to Cold, fever with or without perspiration and even during high fever, a floating and slow or floating, tense pulse, a white tongue coating, no pronounced thirst, and preference for hot drinks (when) first (in fact).

Treatment: Needles are retained & twirled (preferably slowly) to the depth and for the

duration indicated in the following points:

GV-16 (Fengfu): 3-3.3 in., 3 minutes

LI-4 (Hegu): 3-5 in., 3 minutes

ST-6 (Tongwei): 1 in., 3 minutes

Adjunctive Therapy: Radon: Radon-sulfurous carbon 3 g/cm² (and) given weekly leads 3 pts. Direct above (and) a tea. The patient should be covered with quilts in order to cause perspiration.

Prognosis: Good. (There are two possibilities for the evolution of this condition. It may be transformed into either the Shao Yang or Yang Ming phase.

Notes: (According to the) *Shang Han Lun*¹, "Gua Zhi Tang" is the (prescription of) choice at the onset of a Tai Yang disease. If (this) does not relieve the condition but it becomes aggravated, puncture GB-20 (Fengchi) and GV-16 (Fengfu) and then follow this by the administration of Gua Zhi Tang which should bring about complete recuperation." (According to) "Veritas on Point Selection" in the *Ti Xue Ru Men*,² "On the first day of contracting a Shang Han (disease), needle GV-16 (Fengfu)." (And, according to) *Xin Yi De Xiao Fang*³, for the first couple of days of a Shang Han (with) headache and high fever, need CV-14 (Jueqi), CV-13 (Shangwan), and CV-12 (Zhongwan) (with) 50 coarses respectively."

Permanent Note by (Cheng) Yao-an: In 1927 I lived on Pi Shi Si, in Suzhou (Zhejiang Province). A person by the name of Kong, 79 years old, living in the same building lived a hard life. (He complained of) a severe headache, aversion to cold, and a high fever upon returning home on April 14th. My son and I went to his home to make a house call. His pulse was floating and his tongue (coating was) white. (I) needled GB-20 (Fengchi) bilaterally which relieved the headache instantly. (Then I) needled and moxibled BL-13 (Fengmen) bilaterally. He recovered within two hours after breaking out in a sweat. The decoction sent (to him first) by my son was just a soup made from (fresh) ginger and brown sugar.

2. Yang Ming Disease

Pathogenesis: Wind Cold Evil invades from the outside. Internally, the body Qi is weak and unable to defend. (Therefore,) the External

Evil invades (the Yang Ming) directly or through the surface, though the disease remains in the Tai Yang.

Signs and Symptoms: Discomfort and pain in the forehead and orbit of the eyes, fever without aversion to cold or slight aversion to cold, strong Heat, thirst and a desire for cold drinks, (and/or) the presence (or) absence of sweat, a flooding, rapid pulse, a light yellow or deep yellow tongue (coating), halitosis, and rough breathing.

Treatment: Needles are retained and manipulated to the depth and for the duration indicated for the following points:

LI-3 (Shanglian): 2 in., 2 minutes

LI-4 (Hegu): 3-5 in., 3 minutes

LI-11 (Quchi): 0.5-1 in., 3 minutes

ST-44 (Neiking): 3 in., 3 minutes

ST-41 (Jiadu): 3-4 in., 3 minutes

Adjunctive Therapy: Powdered Gypsum (Shengpi) 3 gms, *Haeba montana* 5 lbs. Radix glycyrrhizae 3 lbs, *Rhizoma anemarrhenae* one gms. Decoct (the above ingredients) into a soup and take.

Prognosis: Good. (However, this condition may become) critical if Heat-Evil penetrates to the Jue Yin phase.

Notes: (In the) *Su Wen*⁴ it is recorded, "The points on the 'Street of Qi', (i.e.) ST-26 (Zusanli), ST-37 (Shangjuxu), ST-39 (Xiajuxu), LI-9 (Shangliu), and LI-8 (Xialian) are used to purge Heat from the Stomach." (In) "The Force of Xi Ming" (it is said), "(When) the Yang Ming has been affected for two days, GV-26 (Fengfu) should be searched for, and for the treatment of vomiting CV-12 (Shangwan) should be inserted to."

3. Shao Yang Disease

Pathogenesis: Wind Evil attacks the space between the muscles and ligaments between the chest and diaphragm (and thus) is situated half inside (and) half Outside.⁵

Signs and Symptoms: Unilateral headache, blurred vision, possible (sudden onset) deafness, a tendency to vomiting, fullness of the chest and costal region, alternating (feelings of) hot and cold, a bitter taste in the mouth, lower abdominal pain, possible diarrhea, a wiry, rapid, or thready, wiry pulse, (and) a

this, white or thin, yellow tongue coating with a red tongue body.

Therapeutic Needle the following points to the depth and manipulate for the duration indicated:

SJ-3 (Zhongfeng): 3-5 fen, 3 minutes

GB-41 (Zhaohu): 3 fen, 3 minutes

LV-14 (Qimen): 3 fen, 2 minutes

PC-6 (Jianshi): 1-5 fen, 3 minutes

GB-44 (Zu Qiaoyin): one fen, one minute, followed by manipulation with 3 cones the size of millet.

Adjuvant Therapy: Radix bupleuri 8 fen, prepared Rhizoma gingeris 3 qian, Radix Scutellariae 1.5 qian, Radix glycyrrhizae 5 fen. Decoct (Jiao) soup and take.

Prognosis: Good. (However, this condition may become) critical if the Evil enters the Jue Yin (due to) delayed or mismanaged treatment.

Notes: (In) "The Form of Xu Hong" (It says), "(For) stiffness due to contraction of Shang Han, needling BL-63 (Jinmen) and GB-3 (Tinghai) (makes the hearing) as distinct as the wind." (According to) Yang Shi Zhi Zhang Zhong Yao, "(For) costal pain due to Shang Han, needle SJ-6 (Zhigou), LV-13 (Zhangmen), and GB-34 (Yanglingquan) (bind BL-40 (Weizhong))." (Whereas, in the) *Pi Xue Gang Mo*¹¹ (It is recorded), "(For) costal pain due to Shang Han, select SJ-6 (Zhigou) and GB-34 (Yanglingquan)."

Personal notes by (Cheng) Tan-wei: My father once treated a neighbor named Xu who had a Shao Yang pattern with severe vomiting and inability to keep a decoction down. He (therefore) needled LV-14 (Qimen) & CV-12 (Zhongwan) which suppressed the vomiting instantly. (After that) an herbal formula was prescribed and the patient (subsequently) recovered.

4. Tai Yin Disease

Pathogenesis: (This condition is) due to (internal invasion of) Cold Qi, a cold and cloudy, seepage of the abdomen to Cold Damp Evil. Evil transmitted through the Yang Ming and then transformed into Heat, or simultaneous affliction with Tai Yang.

Signs and Symptoms: Vomiting due to fullness of the abdomen, inability to eat, abdominal pain, diarrhea without thirst, vent warmth of the hands and feet accompanied by aversion to cold, fever, and joint pain. The pulse is soft and retarded, soft and thrready, or thrready and wiry with (either) a white or yellow tongue coating.

Treatment:

Moxa SP-1 (Yinbai): 3 cones

Needle SP-4 (Gongxi): 1 fen, 3 minutes with manipulation

Moxa SP-6 (Sanjiajiao): 3 cones

Needle CV-12 (Zhongwan) 0.5 cun, manipulating 3 minutes followed by . . .

Moxa LV-14 (Qimen): 3 cones.

(If the pathogenic) Heat is transmitted through the Yang Ming, needle and manipulate the following for the duration indicated:

LI-4 (Zhongfu) one fen, one minute

SP-1 (Yinbai) one fen, one minute

SP-6 (Sanjiajiao) 3 fen, 3 minutes

SP-3 (Dadu) 2 fen, 2 minutes.

Adjuvant Therapy: In those without symptoms of Heat, (take) sliced Radix Asaridis 4 fen, Rhizoma Zingiberis 8 fen, prepared Radix Glycyrrhizae 5 fen, and Proctor Zizyphi without 5 pieces. Decoct (Jiao) soup and take.

In those with Heat with strong thirst, a withered, yellowish tongue, (and) a flooding, rapid pulse, use Radix of Rhizoma Rhei 2 qian, Mirabiliteum 3 qian, and Radix Glycyrrhizae one qian. Decoct (Jiao) soup and take.

Prognosis: Good. (However, this condition may become) critical in those with Heat so strong it agitates Liver Wind.¹²

Notes: (According to the) *Wan Bing Hui Chuan*,¹³ "(In case of) injury (due to) Cold, Yin, Shao,¹⁴ and abdominal pain, moxa the end of the upper incisor of the lateral aspect of the small toe 3 cones. (For) rice, moxa on the left; warm, moxa on the right."

Personal Notes by (Cheng) Tan-wei: A woman by the name of Pi Pei-ya (living in Wuxi (Shao) abdominal fullness, frequent pain, and epigastric distention without thirst, (I) needled CV-12 (Zhongwan), ST-25 (Tianshu), (and) ST-36 (Zusanli) and simultaneously used moxa on these points. The patient was cured the same day.

5. Shao Yin Disease

Pathogenesis: (In those with) Kidney Deficiency, External Evil is most liable to invade the Kidney channel. (In those with) Yin Deficiency, (the Evil) are drafted with Fire. (In those with) Yang Deficiency, (the Evil) are drafted with Water. If they are drafted with Water, this is due to Cold Transformation.

Signs and Symptoms: (With) drafting with Fire (there is) irritability, insomnia, dry skin, thirst, frequent urination, a dry throat, and a deficient, rapid pulse. The tongue is bright red with scant moisture. (With) drafting with Water (there is the tendency to) close one's eyes and curl up, a feeble voice with shallow breathing, reluctance to talk, a heavy body, aversion to cold, abdominal pain, and possible diarrhea. The pulse is thready and (and) the tongue is pale (with) a white coating and no thirst.

Treatment: If the Evil is drafted with Fire, needle the following to the depth and manipulations for the duration indicated:

- K-1 (Yongquan) 3 fm, 2 minutes
- K-6 (Zhaochi) 3 fm, 3 minutes
- K-7 (Polaris) 3 fm, 2 minutes
- BL-63 (Zhiyin) one fm, one minute
- BL-68 (Tonggu) 3 fm, 2 minutes
- HT-7 (Shenmen) 2 fm, one minute
- K-3 (Taich) 2-3 fm, 2 minutes.

If the Evil is drafted with Water, moxa the following points:

- BL-23 (Shenshu) 3-7 cones
- BL-43 (Gaohuang) 5 cones
- CV-4 (Guanyuan) 3-10 cones
- K-3 (Taich) 5 cones
- K-7 (Polaris) 3-5 cones.

Adjunctive Therapy: If the Evil is drafted with Fire, (use) Radix Paeoniae albae 2 gjan, Gelatinum Asini 1 gjan, Rhizoma Coptidis 5 fm, Radix Scutellariae 8 fm. Add two egg yolks to the above decoction. Decoct and take. If the Evil is drafted with Water (use) Rhizoma Atractylodes macrocephala 2 gjan, Radix Paeoniae albae 2 gjan, Sclerotium Porii 1 gjan, Radix Asaridis cernuicoidis prepared 8 fm, Rhizoma Zingiberis officinale 2 gjan. Decoct in boiling water and take.

Progression: (In those whose condition is) derived from Heat (with) tongue red, scorched,

and dry with dry, crystal urination, not good. (If) derived from Cold (with) cold feet (and) edema reaching above the knee and recede all over the body, not good. But, manifestation of CV-4 (Guanyuan) with up to 100 cones will probably salvage the crisis.

Notes: (According to the) Shao Yin Lun, "Those people with Shao Yin disease with vomiting and diarrhea but without deadly cold limbs and with fever do not die. In those people whose pulse cannot be felt, moxa Shao Yin 7 cones.¹⁵ Again, in those with a Shao Yin condition with diarrhea and feces mixed with pus and blood, acupuncture can be worthwhile."

Chang Qi-chi said, "It is advised to needle bilaterally K-31 (Yongmen) which is located on the second vertical line on the abdomen 3 fm next to CV-4 (Jueqi). Needle bilaterally K-8 (Shaoze) located 2 cun above the internal malleolus."

Ke Yun-bo commented, "If the feces are mixed with pus and blood, it is also the result of Heat entering the Blood phase.¹⁶ Needle LV-14 (Qimen) in order to purge it. (This technique is derived from the rubric), 'Shao Yin is diseased but Jue Yin should be treated.' When Yin is Excess, the best way is to purge its root. Further, those with a Shao Yin condition with symptoms of diarrhea, and an averting pulse, sweat so much they (must) change clothes from time to time. If such is not the case, warm up the Above¹⁷ (by) moxaing GV-20 (Baihui)."

6. Jue Yin Disease

Pathogenesis: Being the utmost interior of the Six Channels, the Jue Yin is the terminus of Yin and the beginning of Yang. (Therefore), it is susceptible to the attack of Evil. (Its disease categories are subdivided into) Pure Yin condition, Pure Yang condition, and Mixed Yin and Yang condition. In general, the Pure Yin pattern is caused by the direct and far-reaching attack of Evil. The Yang pattern is due to the transference of Heat. (And) the Mixed pattern is a blend of Cold Evil which invades directly and Heat Evil derived (from other phases).

Signs and Symptoms: Pure Yang pattern: Staring straight ahead, insatiability, insomnia,

lower, no aversion to cold, hiccups, rough breathing, deadily cold limbs, (and) a burning sensation in the cardiac and chest region. The deeper the Heat, the more serious the condition(s) (e.g.) diarrhea mixed with pus and blood, erosion of the throat, and ooziness of the sores. The pulse is wiry, rapid, and flooding or submersed rapid and unsmooth. The tongue body proper is red or even purplish or (there may be) a scarlet linguae with a yellowish coating.

Pure Yin Pattern: Deadily cold limbs, greenish, dark finger and toes, rigidity of the abdomen, diarrhea with undigested grains, (and) sour and bitter vomitus. The pulse can be either wiry, thready and retarded, or deep and wiry. The tongue is purplish and solid.

Yin/Yang Mixed Pattern: Pain and rigidity of the abdomen, deadily cold of the four limbs, alternating vomiting and diarrhea, a burning sensation in the cardiac region, thirst and a desire for cold drinks but vomiting upon ingestion, (and) irascibility and mental irritability. The pulse may be thready, wiry, or hidden or thready, rapid, and waterspout. The tongue (coating) may be either yellowish or white with a scarlet body which appears moist (compared to the) dry teeth.

Treatment: Pure Yang Pattern—needle the following points to the depth and manipulate for the duration indicated:

- LV-1 (Dadun) one fu, one minute
- LV-4 (Zhongfeng) 2-3 fu, 2 minutes
- LV-14 (Qimen) 4 fu, 2-3 minutes
- HT-4 (Lingdao) 3 fu, 2 minutes
- BL-18 (Ganshu) 3 fu, 2 minutes.

Pure Yin Pattern: Moan the following:

- BL-18 (Ganshu) 5-7 cones
- LV-3 (Xingjian) 3 cones
- CV-4 (Guanyuan) 7-15 cones
- CV-12 (Zhongwan) 5-7 cones
- LV-14 (Qimen) 5 cones

Yin/Yang Mixed Pattern: Needle the following points to the depth and manipulate for the duration indicated:

- LV-4 (Zhongfeng) 3 fu, 2 minutes
- HT-4 (Lingdao) 3 fu, 2 minutes
- CV-4 (Guanyuan) 5 fu, one minute followed by mobilization 3 cones

PC-5 (Jianshi) 3-4 fu, 2 minutes and moan with 2 cones

BL-18 (Ganshu) 3-4 fu, 2 minutes.

Adjunctive Therapies: Pure Yang Pattern: (For those with) Sores mixed with pus and blood, Cortex Phellodendri 2 qian, Rhizoma Coptidis one qian, Cortex Fraxini one qian, (and) Radix Angelicae sinensis 2 qian, Ramulus Cinnamomi 5 fu, Radix Paeoniae albae 2 qian, Modulus Torta pericula one qian (and) Harts Acori 3 fu. Decoct and take.

Pure Yin Pattern: Radix Aconiti euri-chochi prepared one qian, Radix Glycyrrhizae 2 qian, Rhizoma Zingiberis decurtati 2 qian, (and) Radix Paeoniae albae 3 qian. Decoct and take.

Yin/Yang Mixed Pattern: Fractus Pruni moan 8 qian wrapped in a piece of cloth and cooked into a soup.

Prognosis: Mostly not so good in the Pure Yang Pattern, better in the Mixed Pattern, and good in the Pure Yin Pattern.

Notes: (According to the) *Shang Han Lun*, "When Shang Han progresses for 6 or 7 days with weak pulse, deadily cold limbs and inexcitability, moan Jue Yin. (If the pulse is still) not restored, death (will ensue)." Zhang Li-yao commented that, "It is advisable to moan Spring (Jue) and confluent points of the Jue Yin (channel) and CV-4 (Guanyuan) and CV-20 (Baihui), etc." The Spring (Jue) point is LV-2 (Xingjian) (and) the confluent point is LV-13 (Zhangmen).

(In the) *Shang Han Zhan Sheng*¹⁸ (it states, "In case of) absence of the six pulses due to Shang Han, procure with mobilization techniques K-7 (Fulu) to restore the six pulses. Needle LI-4 (Hegu), CV-3 (Zhongji), SJ-6 (Zhigou), K-7 (Fulu) and CV-14 (Jueque) and moan ST-30 (Qichang) 7 cones.

(In the) *Zhan Hou Ge*¹⁹ (it says), "(In) cases of Shang Han with clammy, cold limbs, (one must) search for the pulse Qi. There truly exist two magic points: K-7 (Fulu) is located 2 cun away along the bone; (needling K) returns (warmth to) the four limbs and makes pulse Qi float. (This) depends on understanding Yin and Yang in a reversed order."²⁰ To truly in case of Cold, select GB-39 (Hegu).

To reduce in case of Heat, choose GB-39 (again without irrigation), previously the bleeding and floating pulse need purgation and the deep and thereby (pulse) requires tonification."

The *Zhen Jie Zhi Sheng Jing*²¹ says, "A scholar by the name of Shi was afflicted by Shang Han and showed no sign of improvement. The doctor felt that he had no further recourse and therefore pondered the places for needling. (He) moxaed 3 cones beneath the (patient's) Adam's apple and ended with moxa at CV-22 (Tiansu). Nothing else ended his malice."

Dea Cai (once) treated a person for Shang Han with headache, high fever, aversion to cold and cough, painful joints, and a deep, tight pulse. Slight alleviation (of these symptoms) occurred after (administering) Hui Gai San.²² On the fifth day, (the patient developed) delirium and a tendency to sleep day and night and his four limbs were felt to be somewhat clammy. (These symptoms) indicated Kidney Qi Deficiency. (He) recovered after modification of CV-4 (Guangpu), 100 cones and sweating (induced by) ingestion of Jing Pu Tang.²³ (Another example,) a person contracted Shang Han for six days and on that day looked slightly yellowish all over. A practitioner prescribed Yin Chao Tang²⁴ and, on the following day, (the patient looked) even more yellowish as if covered by Gasteria seeds. A Tai Yin pattern like this is due to the erroneous ingestion of cooling medicines (a which case) Ling Wood counteracts upon the Spleen. Only modification of CV-4 (Mingmen) 50 cones and the decoction He Jie Dan²⁵ cured (the patient).

Nearly (Cheng) Tan-an: My old friend Shan (once) treated a Xu in the eastern suburbs of Nan Tong (Jiangsu Province). With quite a hearty constitution, Xu was afflicted by Shang Han, (the symptoms of which were) stiff neck, feverish body, and aversion to cold. Heavy doses of diaphoretics were given but (still) he did not sweat. Shitong (dispensed) of BL-12 (Fengmen) (was administered) followed by puncturing HT-6 (Tongli), K-7 (Fuliu), and dispersing LI-4 (Hegu).

(This procedure) took about ten minutes (before he began) perspiring profusely and (thereby) recovered.

There was an old lady named Po in the northern suburbs of Nan Tong (who was) about sixty years old. All of a sudden her pulse could not be felt (accompanied by) dead cold limbs with a continuous breath and the eyes stared as if on the verge of death. (My friend) Shan was sent for in order to treat her. GV-36 (Renzhong), PC-6 (Neiguan), Extra-1 (Yintang) and ST-45 (Lidui) were punctured and the lady gradually came back to life. Then bilateral tonification of K-7 (Fuliu) brought about the promised re-emergence of the pulse. (These stories are) attached herewith in order to verify and illustrate the saying that K-7 (Fuliu) is capable of restoring the six pulses.

The Translation Committee

The Chinese-Yankee Dao Institute of Buddhist Medicine Translation Committee is composed of Zhang Ting-Bing, Ross Crossman, Len Corliss, and Steven Hahn-Gold. Dr. Zhang teaches medical Chinese in the Daoist Yankee Dao Institute of Buddhist Medicine and Ross, Len, and Steven are second year students in a first year course. The translation of primary Chinese medical texts comprises almost one-quarter of IDYDAI's curriculum.

Rob Flann is Director of IDYDAI and practices Chinese Medicine in Boulder, Colorado. He has written and co-authored ten books and numerous articles on various aspects of Oriental medicine and lectures at American acupuncture and Oriental medical schools around the country.

End Notes

1. Surface is a technical term in Chinese medicine. It implies the superficial level of energy irrigated by the Five Qiao and the Jin-Ying like tracheo-vascular channels. The Outermost Way of the body is always seen in logical juxtaposition to the Inner (Yang) which irrigates the organs and bowels.
2. Qian, a measurement of weight, approximately three grams.
3. *Shang Han Lun* (The Treatise on Cold-Induced) was written by Zhang Zhong-jing in the late Han dynasty. It was reorganized by Wang Shao-in, the author of the *Jiao Jiao Ji* (The Pulse Chapter) and divided into two sections, *Shang Han Lun* and *Shao Yin Kai* (See text).
4. The ingredients of Gai Shi Tang are: *Banxia* (Cucurbit), *Baizhi* (Paeonia offic), *Paronychia* (English walrus), powdered *Baizhi* (Cinnabar), and *Pinellia* (English nutmeg).
5. *Xi Jiao An Shen* (The Artisan of Medicine) was an important and much relied upon Ming dynasty

